



What You're Doing

Organizing a Food Swap Meet in your rural community. You will create an event to swap homegrown, foraged (gathered), homemade and/or home-raised food with your neighbors by 1-for-1 trades instead. It's an opportunity to add new foods to your neighbors' diets by swapping food items without exchanging money.

Why It Matters

- 50 percent of counties with the highest rates of food insecurity (those in the top ten percent) are in rural areas. (Feeding America)
- Many of these food-insecure households are in the very rural and farm communities, where farming, gardening and livestock production (raising animals for food) helps low-cost wholesome food for American consumers. (Feeding America)
- 17% of Americans living in rural areas live below the poverty line. (Feeding America)

What You Need

- A place, date and time to hold the food swap meet. In most cases, people hold their food swap meets at a community center or at home like a yard/garage sale.
- Materials to make flyers and posters to get the word out. A great, free and user-friendly solution to make flyers online is [Canva](#). You can also make them by hand.
- A sign-up sheet to see how many will participate. (Like preordering Girl Scout cookies.) You can also set up your Food Swap Meet on [Eventbrite](#) to encourage online RSVPs, in addition to the printed sign-up sheet.
- Swap sheets, which are used to show interest in items with 1-for-1 trades. Here are some examples of [swap sheets](#).

Additional Resources and Suggestions:

- Did you know there is a [Food Swap Network](#)? We are taking the idea to use it for social good! They have even more resources to inform our Food Swap for good.
- Did you know food insecurity exists in every county in the United States? It does, [look at this map](#) to learn more about food insecurity where you live.
- Remind people to make dietary notes on swappable food items.
- Learn more about the issue of rural hunger with [generationOn's fact sheet](#).



- Tables (Ask local organizations like the FFA, churches or business if they have some to borrow, or know where you can get them).
- Your own swappable food items to display and participate!

Item	Price
Outreach materials (make most signs by hand)	\$0-15
Printing (ask for discounts)	\$0-20
Space	\$0.00
3 Volleyballs	\$0.00
Total Cost	\$0-35

Here's How You Do It!

1. Find peers and an adult to help you organize the Food Swap Meet.
2. Pick a place to have the food swap meet (e.g. community center, home, church, school, or business)
3. Pick a date that works based what day/time best suits your team and community.
4. Make the needed sign-up forms for participants and a swap sheet for the participants to make swaps.
5. Get the materials and make the signs, flyers and posters for outreach. Share event flyer and sign-up sheet on social media.
6. Reach out to your community to get participants to sign up (like selling Girl Scout cookies or candy bars, go door to door in your neighborhood with an adult, if needed).
7. Swap!

Reflection

- How did your event help raise awareness of the issue of hunger?
- Did the tournament participants understand how they were helping others by participating?
- Are there other ways you can help fight hunger in your community?

MARCH 15 - APRIL 30